

Interview guide n° 1 for individual interviews

→ Tell me about your low back pain (you back pain, tell me more about how you are living with it)

LOW BACK PAIN

Knowledge: - Low-back pain

Fears and beliefs: - At the beginning? (Cause)
- What did you do to get better?
--- What do you mean by rest? How important is it for you?
--- How do you see your back pain progressing?
When you are in pain, what do you think about (what do you tell yourself about your low back pain)?

PHYSICAL ACTIVITY

Definition - What is physical activity?
Generally, what impact does practicing a physical activity have
Benefits/Risks - on your health? And on your back pain?
- What is the place of physical activity in your daily life?

BARRIERS

General - How do you practice a physical activity?
--- What prevents you from having a regular physical activity?

Intrinsic factors

Medical: - How did you adjust your physical activity since your low-back pain started?
Psycho-social - How do you adjust your life habits when the pain gets worse?
Cognitive- --- What level of activity do you keep during your low-back pain episodes?
Behavioral --- How does your low back pain affect your morale, mood and physical state?
--- How does your back pain change your relationships with others?
--- What impact has your back pain on your behavior with others?

Extrinsic factors

Environmental - In your environment, what facilitates engaging in a physical activity? And what limits it?
Social --- What are your motivations to engage in a physical activity or conversely to not engage in a physical activity?

--- Which conditions are necessary for you to engage in a physical activity?

Occupational impact: - How does your back pain impact your work?

- Does the level of work-related physical activity have an impact on your back pain?

--- In your agenda, what place to you dedicate to a physical activity? How were you able to adjust your agenda since the beginning of your back pain?

Impact of friends and family:

- How do people in general perceive your back pain?

--- How do your closed ones perceive your back pain? What advice can they give you?

--- How do healthcare professionals (physician, physiotherapist, nurse..) help you manage your back pain?

--- How did you seek information, on your own, regarding managing low-back pain?

Interview guide n° 2 for individual interviews

General and demographic information:

Gender, age, occupation, leisure activities, level of physical activity, medical, surgical and family history (low-back pain), ongoing pharmaceutical treatments

Low-back pain history

1/ Progression duration, recurrent/permanent episode, number of episodes.

2/ duration of the ongoing episode

3/treatment

Initial guideline: Tell me more about your low-back pain.

1/ BARRIERS RELATED TO THE LOW-BACK PAIN

1. Knowledge

2. Fears and beliefs

2/ BARRIERS RELATED TO THE PHYSICAL ACTIVITY

1. Definition

2. Benefits/risks

3/ OTHER BARRIERS

1. Intrinsic barriers

- *Medical*
- *Psychological*
- *Cognitive--behavioral*

2. Extrinsic barriers

- *Environmental*
- *Social*

4. Occupation impact

5. Friends and family

Focus group interview guide

- Tell us about your low-back pain (history, duration, treatment)
- What is the impact on your daily life?
- What was the impact on your job?
- What is physical activity (PA) for you? (relationship to PA?)
- What prevents you from regularly engaging in a physical activity?
- How did you change your PA habits since the onset of your low-back pain?
- What would help you/motivate you to engage in a physical activity? (Environment? Love ones? Back brace? Weather? Multimedia support?)